

**AMENDMENTS TO THE CLAIMS**

Claims 1.-24. (canceled)

25. (New) A process for sealing and insulating a fuel cell plate, the process comprising:  
providing a gas impermeable fuel cell plate having first and second surfaces;  
applying a coating precursor on at least the first surface of the fuel cell plate, the coating precursor adapted to polymerize or to cross-link in response to infrared radiation; and  
exposing the coating precursor on the fuel cell plate to infrared radiation to initiate polymerization or cross-linking.
26. (New) The process of claim 25, wherein the coating precursor is applied by screen printing.
27. (New) The process of claim 25, wherein the coating precursor is exposed to infrared radiation for about less than about forty five minutes.
28. (New) The process of claim 25, wherein the coating precursor is exposed to infrared radiation for about less than about thirty minutes.
29. (New) An insulated fuel cell plate comprising:  
a gas impermeable plate having first and second surfaces; and  
a solid coating polymerized or cross-linked in response to infrared radiation and adhering to at least one of the first and second surfaces of the plate, the solid coating comprising an epoxy nitrile resin.
30. (New) The insulated fuel cell plate of claim 29, wherein the solid coating is less than about 250  $\mu$  thick.
31. (New) The insulated fuel cell plate of claim 29, wherein the solid coating is less than about 150  $\mu$  thick.